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## **State Health Advisory Supplement**

### **Coronavirus Disease 2019 Supplemental Advisory #12.2**

#### **Wyoming Department of Health**

#### **November 6, 2020**

#### **SUMMARY**

This Health Advisory Supplement provides updated information on contact tracing, isolation, and quarantine and Redesivir use and access.

#### **CONTACT TRACING, ISOLATION, AND QUARANTINE**

Because of the continued increase in COVID-19 infections throughout Wyoming, the Wyoming Department of Health (WDH) is not currently able to individually contact all persons who have had exposure to COVID-19, and is experiencing delays in contacting persons diagnosed with COVID-19.

#### **Patients who Test Positive**

WDH and local public health representatives will continue to attempt to contact and make isolation recommendations for individuals who test positive for COVID-19 with a molecular or antigen test. Because there may continue to be delays between when a patient is diagnosed with COVID-19 and when they are contacted by a public health representative, WDH asks providers to share isolation recommendations with their patients when they notify patients of a positive result.

WDH follows recommendations from the Centers for Disease Control and Prevention (CDC) for isolation of individuals who are infectious with COVID-19. These recommendations are as follows:

- Patients with symptoms should isolate at home until they meet all of the following criteria:
  - Fever-free, without the use of antipyretics, for at least 24 hours
  - Other symptoms have improved
  - At least 10 days have passed since symptom onset
- Patients without symptoms should isolate at home until at least 10 days have passed since the date of sample collection of the positive test.
- Patients who are asymptomatic at the time of testing, but develop symptoms after testing positive, should isolate based on date of symptom onset (#1 above).



- Isolation requires staying at home except to seek medical care. Patients should be advised to separate from others in their household if possible, including staying in a specific room away from others, using a separate bathroom and bedroom, and avoiding sharing household items. Separating from others in the household will reduce the likelihood of transmission to household members and will avoid a prolonged quarantine period for their household members. Patients in isolation should not go to work or to school and should not attend social or other public gatherings.

WDH provides detailed information about isolation for patients who test positive for COVID-19 at the links below. Providers may wish to print out these instructions to hand to patients when they test positive.

What to do if you test positive for COVID-19:

<https://health.wyo.gov/wp-content/uploads/2020/11/What-to-do-if-you-test-positive-for-COVID-19-11520.pdf>

When to start and end isolation:

<https://health.wyo.gov/wp-content/uploads/2020/11/When-to-start-and-end-isolation-COVID19-11520.pdf>

Patients may need documentation of their COVID-19 diagnosis for their place of employment or school. A healthcare provider's note is sufficient documentation for that purpose.

### Close Contacts

WDH may not be able to call individuals who have been identified as close contacts of individuals who test positive for COVID-19.

A person who has tested positive for COVID-19 is considered infectious beginning 48 hours prior to symptom onset through the end of their isolation period as defined above. Individuals who test positive but have no symptoms are considered infectious beginning 48 hours prior to the date of first positive test collection through their isolation period as defined above.

Close contacts are persons who are at increased risk of developing COVID-19 because of the following types of exposures to an individual with COVID-19 during their infectious period:

- Living in the same household
- Caring for ill individuals without appropriate PPE
- Being within 6 feet of the person for 15 minutes or longer. The 15 minutes is cumulative over the course of 24 hours.
- Being in direct contact with respiratory droplets from a sick person with COVID-19 (e.g., being coughed or sneezed on, kissing, sharing utensils).
- With the exception of healthcare providers wearing appropriate PPE and K-12 settings, a person is still considered a close contact even if face coverings are being worn. There may be other settings where face coverings could be considered sufficient protection against exposure, including settings where some distancing was being maintained and where compliance with mask use was observed.



WDH asks providers to share instructions for quarantine with close contacts who may seek care or COVID-19 testing. WDH follows CDC guidance for the quarantine of individuals with exposure to COVID-19. Those recommendations are as follows:

- Individuals identified as close contacts should quarantine for 14 days after their last contact with a person with COVID-19. The 14 days starts from the last day they had contact with somebody who is infectious for COVID-19. **If the close contact lives with the person diagnosed with COVID-19 and cannot separate from that person during their infectious period, the quarantine period begins when the diagnosis of COVID-19 is made and lasts until 14 days have passed after the end of the ill person's isolation period.**
- Quarantine entails staying at home except to seek medical care. The close contact should not go to work or school and should avoid public spaces, public activities, and group gatherings. Close contacts can spend time outside on their property and exercise outdoors, providing they distance themselves from others during exercise and refrain from using public facilities such as water fountains and restrooms.
- Close contacts under quarantine should separate themselves from others in the home if possible by sleeping in a separate bedroom and maintaining a six-foot distance from others. This will prevent exposing others in the household if they become ill.
- Close contacts should monitor themselves for symptoms of COVID-19 and seek testing if symptoms develop.
- WDH recommends that close contacts be tested for COVID-19 twice during their quarantine period, ideally at day 4-5 and then day 11-12 of the quarantine period.
- **Negative test results during the quarantine period do not shorten the duration of the quarantine period. Even with negative test results, close contacts should quarantine for 14 days.**
- Critical infrastructure employees providing essential public services may need to continue to work under quarantine to ensure those public services continue. Common examples include healthcare workers, law enforcement, and first responders. A full list of critical infrastructure sectors can be found here: [Critical Infrastructure Sectors](#). WDH recommends that close contacts contact their occupational health program or human resources department to determine whether they need to continue to work while under quarantine. Individuals under quarantine can only continue to work if they remain asymptomatic. Individuals working under quarantine should take their temperature and monitor themselves for symptoms prior to each shift, wear a face mask at all times while in the workplace, maintain a 6 foot distance from others as much as work duties permit, and leave work immediately if symptoms develop. CDC guidance for critical infrastructure workers can be found here: [Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19](#)

WDH provides detailed quarantine instructions for close contacts at the links below. Providers may wish to print these instructions and give them to patients identified as close contacts.

What to do if you if you are exposed to COVID-19:

<https://health.wyo.gov/wp-content/uploads/2020/11/What-to-do-if-you-were-exposed-to-someone-with-COVID-19-11520.pdf>



When to start and end quarantine:

<https://health.wyo.gov/wp-content/uploads/2020/11/When-to-start-and-end-quarantine-COVID10-11520.pdf>

Some individuals may need documentation of quarantine instructions for their place of employment or school. A healthcare provider's note is sufficient documentation for that purpose.

### **REMDESIVIR**

The U.S. Food and Drug Administration (FDA) has now approved Remdesivir (brand name Veklury) for the treatment of COVID-19. Remdesivir is approved for the treatment of adults and pediatric COVID-19 patients (12 years of age and older and weighing at least 40 kg) requiring hospitalization. Remdesivir should only be administered in a hospital or healthcare setting capable of providing acute care comparable to inpatient hospital care.

[https://www.gilead.com/-/media/files/pdfs/medicines/covid-19/veklury/veklury\\_pi.pdf](https://www.gilead.com/-/media/files/pdfs/medicines/covid-19/veklury/veklury_pi.pdf)

Because Remdesivir is no longer considered a scarce resource, the WDH is not receiving further shipments for distribution. Hospitals must now order directly from the distributor, Amerisource Bergen (AMB). Hospitals that have accounts with AMB can [now purchase unrestricted amounts of Remdesivir](#). Any hospital that does not currently have an account with AMB can establish one by visiting their [online order portal](#). **WDH supplies of Remdesivir are currently very limited; hospitals should be prepared to order Remdesivir directly from the distributor immediately.**

### **CONTACT INFORMATION**

Wyoming healthcare providers and facilities are reminded to check COVID-19 resources available from [WDH](#) and [CDC](#). Healthcare providers or facilities can contact WDH through the following channels:

- Please email questions about preparedness, PPE, infection control, or other non-urgent topics to [wdh.covid19@wyo.gov](mailto:wdh.covid19@wyo.gov).
- Please contact WPHL with questions about specimen collection, storage, or shipping at 307-777-7431 or [WPHL@wyo.gov](mailto:WPHL@wyo.gov).
- For WPHL result inquiries, please allow 24 hours upon receipt of the sample to request the status of results. Please email [WDH-COVID-RESULTS@wyo.gov](mailto:WDH-COVID-RESULTS@wyo.gov) with the name of the patient, medical records number, and date of birth.
- **Please use the WDH Public Health Emergency Line (1-888-996-9104) for urgent questions about a specific patient, healthcare personnel exposure, Remdesivir request, or other urgent matter. This line is intended ONLY for healthcare providers. Do not share this number with the public.**

**Please refer questions from the general public to 211 or to the WDH email box ([wdh.covid19@wyo.gov](mailto:wdh.covid19@wyo.gov)).**